

UCOOK

Basil Pesto Quinoa & Crumbed Chicken

with roasted pumpkin chunks & green leaves

All the way from the foothills of the Andean region in South America, quinoa is an ancient food that is also seen as a superfood today. Often mistaken as a grain, this edible seed packs a nutritious punch! Served with NOMU Provençal Rub-spiced pumpkin & onion, golden crumbed chicken slices, fresh greens & a creamy basil pesto dressing.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Fan Faves

Muratie Wine Estate | Muratie Alberta
Annemarie Merlot 2019

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Ingredients & Prep

250g	Pumpkin Chunks
1	Onion <i>peel & cut ½ into thin wedges</i>
10ml	NOMU Provençal Rub
75ml	Quinoa <i>rinse</i>
60ml	Creamy Pesto <i>(30ml Pesto Princess Basil Pesto, 15ml Mayo & 15ml Low Fat Plain Yoghurt)</i>
1	Free-range Crumbed Chicken Breast
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. NOMU-SPICED OVEN VEG Preheat the oven to 200°C. Spread the pumpkin pieces and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. KEEN ON SOME QUINOA? Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. CREAMY PESTO DRESSING In a bowl, loosen the creamy pesto with olive oil in 5ml increments until drizzling consistency and season.

4. CRUMBED CHICKEN Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

5. WHAT A FEAST! Bowl up buddha bowl-style. Top the fluffy quinoa with the roasted pumpkin & onion, the sliced chicken, and the shredded green leaves. Drizzle over the loosened creamy pesto.

Nutritional Information

Per 100g

Energy	445kj
Energy	106kcal
Protein	6.7g
Carbs	16g
of which sugars	2.8g
Fibre	2.1g
Fat	4.8g
of which saturated	0.8g
Sodium	139mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
2 Days